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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

May 1, 1944

MAY FOOD NEWS

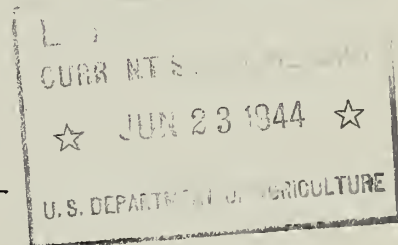
Heading the list of foods plentiful in May are E G G S,
White POTATOES and CANNED PEAS.

Others (and they are NO POINT foods) on this list are:

Oranges
Dried Prunes
Raisins
Canned Green
and Wax Beans

Soya Flour, Grits,
Flakes, Wheat Flour
and Bread
Macaroni
Spaghetti
Noodles
Oatmeal and Rye
Breakfast Food
Dry-Mix and Dehy-
drated Soups

Peanut Butter
Citrus Marmalade



We have mentioned the no-point foods. Now let's check on the list of low-point foods -- foods that give variety to the meal and make the ration points go farther. Tying in with the bulletin on good breakfasts from the Industrial Nutrition Service, we would like to suggest serving variety meats such as liver, kidneys and sweetbreads, all on the low-point list.

Tasty breakfast stand-bys are Bacon, Bacon Squares and fresh Pork Sausage -- also on the low-point list, and a favorite with men. A combination hard to beat is Bacon and Eggs. Eggs are still in plentiful supply, so serve them often.

By including these foods in your daily menus you are doing your part to help avoid waste and relieve storage space. This, in turn, will take the pressure off the less abundant foods.

1871

1872

1873

1874

1875